

## PROTECT YOURSELF AGAINST TAMPERING

U.S. nonprescription, over-the-counter (OTC) medicines are among the most safely packaged consumer products in the world. Most, by law, are sealed in tamper-evident packaging for your protection. But there is no such thing as a tamper-proof package.

See below for six things you can do to protect you and your family from tampering.

STOP...  
LOOK!  
LOOK  
AGAIN!!



### Six Tips to Protect You and Your Family Against Medicine Tampering

- **Read the label.** Be alert to the tamper-evident features on the package before you open it. These features are described on the label.
- **Inspect the outer packaging for signs of tampering before you buy a product.**
- **Examine the medicine itself before taking it.** Check for capsules or tablets that differ from the others that are enclosed. Do not use medicine from packages with tears, cuts, or other imperfections.
- **Never take medicine in the dark.**
- **Examine the label and the medicine every time** you take it or give it to someone else.
- **Tell somebody if the product doesn't look right.** Do not buy or use medicine that looks suspicious. Always tell the store manager about questionable products so that they can be removed.

Before buying any medicine, you should **stop** and take a **look**. Before taking it, you should look **again**.



A message from



Consumer Healthcare Products Association

Phone: 202-429-9260

[www.chpa-info.org](http://www.chpa-info.org)

In cooperation with:

The U.S. Department of Health and Human Services' Food and Drug Administration

Phone: 1-888-INFO-FDA

[www.fda.gov](http://www.fda.gov)